

Keeping Contact



Newsletter of the Delaware County Road Runners Club

APRIL, 1985

Editor: Mary Lou Boselli President: Tom Hirsch Publisher: Rita Senderoff

RUNNER'S THOUGHT FOR THE DAY

Submitted by Tom Watkins

"If you do not exercise the body, it corrupts--and the mind corrupts with it."

-Brian Glanville-

HOW TO RUN BETTER--PART TWO

Written by Jeff Galloway

THE RUNNER: Dec., 1984

Condensed by Mary Lou Boselli

In the last issue of KEEPING CONTACT, I related some of the essential points in Mr. Galloway's excellent article. Since then, several runners have reported that they've tried the technique and it works. Those who couldn't wait for the next newsletter rushed out and bought a copy of the magazine. For those of you who were patient, here is Part Two:

RUNNING ACCELERATIONS

1. Warm up - 10 minutes slow jog
2. Take a deep breath, exhale and assume "forward leaning position" (described in Part One)
3. Spring off from your toes and run 100-300 yards
4. Repeat 4-8 times (stop when you feel tired)

Why? Running accelerations helps you run faster.

When? Twice a week, year-round.

Where? A level surface is best.

How fast? Run your "race pace" for one mile. Never sprint all-out. Build up slowly, hold for 60-100 yards, then ease off gradually.

Part Three of HOW TO RUN BETTER, which will appear in the next issue of KEEPING CONTACT, will contain tips for running hills.

SOME GEE-WHIZ NUMBERS

By Tom Watkins

As the club member who orders 40 X plaques for the club, I have a folder of old orders and papers. At times, I've had to page through these records to verify certain names and dates. Eventually, I reached the point of compiling a list of names and dates of members who have received 40 X plaques. I came up with the following numbers:

187 - different names
55 - of the names were females
261 - plaques were awarded

I'm sure these numbers are at least 10% lower than actual. There are names missing from the list; some I know and others I have never met. Regardless, I think it is a reflection of the success of the "Delco Way."

AWESOME

By Tom Watkins

Any runner who feels disappointed about his time in a race should think about Pete Pfitzinger, winner of the U.S. Olympic Marathon Trial. The Feb 85 issue of RUNNING TIMES MAGAZINE carried this report of the 8th Braintree Hospital 10K:

Pete said, "It's been a long time since I've run a personal best (PR 29:33) to place 13th in a race. This field was awesome."

The article went on to state: "In victory, John Gregorek, 25, of Needham, MA., a 1980 and 1984 Olympian, defeated one of the deepest, fastest fields ever assembled for a New England road race. Behind his 28:26 were the reigning world marathon record holder, two former Boston Marathon winners, a handful of other international Olympians and numerous outstanding age group competitors." The course record was 29 flat prior to this race.

COME ONE, COME ALL

By Tom Weber

Twilight River Ramble III! Wednesday evening, June 26th.
Commemorative T-shirts to all who register. Fast 5-miles on the West River Drive. For further details, call Tom Weber (577-8600 day).

BRIAN'S RUN, 1984

By Rick Jones

On a December day that had weather forecasters calling for a cool rain, the over 4500 runners who participated in the several running events that make up BRIAN'S RUN were pleasantly surprised to have no rain, a gentle breeze, and 50-55 degree temperatures help them along to a very enjoyable run. The days racing events were topped by the 10K run which saw both the men's and women's BR records fall rather dramatically.

Leading from start to finish in the men's race was 22 year old Steve Pinard of Stafford, VA. who's 29:04 was the first of the eight men who broke 30 minutes (old record - 30:03 - Bob Snyder - 1983). Steve, who ran against a strong field, which included pre-race favorite Malcolm East and other local luminaries, had no serious challengers after the short but steep hill at 5 miles.

Julie Bowers, the West Chester University All-American, had a much easier time on her side of the race outdistancing her second-place competitor (Lori Lawson-35:55) by almost two and a half minutes (33:30). Although there was a large time lap between 1st and 2nd place, the women's division demonstrated a rather strong field with the first 8 women under 38 minutes.

On the local front, many Delco RRC runners ran in the 10K race and overall the club was well represented by Don Larson (36:16-1st place, 50-59 and 145/2004 overall), Francis Dewan (34:59-112/2004 overall), Giuseppe Porri (37:42-#211), George Kennedy (37:48-#213), Tony Marino (38:37), Rick Jones (38:42), Marcy Harper (43:54), and many others.

While Brian's Run is an extremely crowded event (2655 finishers in the 10K alone), on typically narrow, and hilly country roads and does occasionally suffer from lack of foresight (1982 race, with 70 degree temperature, had one water station and had eight people taken to area hospitals due to heat injuries), it is for the most part a well organized race with good sponsorship, nice freebies, and imports a fine racing field. The organizers, under the direction of original race director, Larry Brandon, have taken a small town race of 300 runners in December, 1979, for an injured WCU football player (Brian Bratcher - paralyzed from the shoulders down) and expanded it to include races for the little people (1 mile fun run - generally 4-12 year olds), as well as adults (1, 2, and 6.2 miles). Race days are for many people; family days to get out and meet friends and neighbors.

All of the money from the entry fee's goes to 4 permanently crippled young area athletes to help their families meet their medical expenses. And although the "gently rolling roads" are in reality not so gentle, many of Delco's regular runners have convincing PR's on this TAC certified course.

The 1985 edition of BR is scheduled for December 8th. I do recommend this run for all.

Brian's Run 1984 Official Results

#1 Steve Pinard - 29:04	#213 Geo. Kennedy - 37:48
#2 Sean Smith - 29:25	#259 Tony Marino - 38:37
#3 Steve Parker - 29:32	#264 Rick Jones - 38:42
#4 Malcolm East - 29:36	#365 Mike Touhey - 40:06
#5 Jim Vanblunk - 29:37	#371 Paul Cajka - 40:11
#10 Steve Eachus - 30:10	#449 Joe Farrell - 41:03
#29 Herb Loring - 31:39	#521 Tom Scott - 41:59
#112 F. Dewan - 34:59	#687 Jim Nichols - 43:30
#145 Don Larson - 36:16	#716 Bill McCormick - 43:46
#211 G. Porri - 37:42	#994 Pete Senisch - 46:34

(2004 - men finishers)

#1 Julie Bowers - 33:31	#57 Marcy Harper - 43:54
#2 Lori Lawson - 35:55	#109 Helen Senisch - 47:32
#3 Betty Conover - 36:15	#181 Rita Jordon - 49:57
#4 Lori Walker - 36:18	#321 Peggy Bobeck - 54:33
#5 Nancy Seiboth - 36:53	#536 Jeanne Hauch - 61:31
#9 Dyan East (Wife of M.) 38:04	(651 - women finishers)

(My apologies to anyone who was not included - R. J.)

RESULTS OF COLLINGDALE 5-MILE RACE

Held January 27, 1985

By Bryon Mundy

Place	Time	Name	Place	Time	Name
6.	27:50	Bob Scheerer	48.	34:17	Joe Jeffries
7.	28:19	John Hessenthaler	49.	34:23	Jack Emmert
9.	28:30	Frank White-	50.	34:24	Joe Farrell
		1st male 19-29	53.	34:39	Bill Boselli
11.	29:01	Torpey White-	54.	34:40	Bill McCormick-
		2nd male 19-29			3rd male 50-59
14.	29:22	Frank Dewan-	59.	35:38	Bill Smith
		1st male from Collingdale	69.	36:28	Jack Elliott
16.	29:36	Mike Metague-	70.	36:30	Tom Beese
		3rd male 30-39	75.	37:22	Mike McGillian
17.	29:50	Don Larson-	76.	37:30	George Lewis-
		1st male 50-59			1st male 60 & over
18.	30:07	Larry Filtz	77.	37:32	Peter Senisch
22.	30:19	Steve Brusstar	79.	37:57	Robert Buzbee
23.	30:33	Dennis Kennedy, Sr.	83.	38:36	Kathy Watsen-
24.	30:35	Guiseppe Porri-			4th female overall
		3rd male 40-49	86.	38:58	John Kane
25.	30:40	Joe Frieberg	87.	39:01	Helen Senisch-
26.	30:49	Robert Kern			1st female 40-49
33.	32:18	Bruce Kelly	91.	39:14	Joe Gormley
34.	32:18	Mickey Lobb	93.	39:35	Mary Lou Boselli-
40.	33:08	Joe Holton			6th female overall
41.	33:10	Rick Jones	94.	39:36	Tom Watkins-
44.	33:31	Tony Belfiglio			2nd male 60 & over

Collingdale Results Continued

Place	Time	Name	Place	Time	Name
95.	39:53	Jim DelGiorno	105.	41:56	Searle Noble
96.	40:01	Sam Hill	106.	42:03	Fat Hicks- 2nd female 30-39
97.	40:18	Dennis Kennedy, Jr.- Youngest Finisher	109.	42:46	Barbara Bednar
99.	40:40	Larry Ryan	110.	43:05	Beverly Thornquist- 2nd female 40-49
101.	41:19	Kathy Jackman 7th female overall	118.	46:13	Joe Coulston
102.	41:33	Ed O'Dell	120.	48:11	Peggy Bobeck- 3rd female 40-49
103.	41:43	Danielle Strano- 1st female 13-18	125.	58:04	Lucien Sanner- Most Mature Finisher
104.	41:55	Brad Franz			

Notes: 7th Annual Race--4th time Mike Patterson has won(24:43).

Many thanks to Collingdale Recreation Dept. for sponsoring the race. Weather: 30 degrees and overcast. Roads clear except for some snow in cemeteries. Severe cold the week before race probably lowered turnout.

TEAM SCORING - Men 1st place - All Athletic - 37 Pts.
2nd place - Delco RRC - 41 Pts.
Women - 1st - Delco RRC

Many thanks to all Delco RRC volunteers who helped including:

Bob Huggins	Mary Bergin	Kathy Adamson
Steve VanKueran	Terry Adamson	Mary Lou Boselli
Betty Finke	Joe Nolan	Paul Cajka
Frank Dewan, Sr.	Bill Dewan	Bob Furman
Paul McElrone	Howard Markannen	Steve Delozier
Fran Deeney	Marylou Long	Pat Hicks
Coach O'Keefe	Don Coughlin	Jack Barry
Tom Hirsch	Joe Holton	Larry Filtz
Byron Mundy-Director	Leo Foley	Bill Schultz
Bill Jones	Bob Morris	Bill Meyer
Collingdale Police		

RESULTS - RESULTS - RESULTS

CAESAR RODNEY HALF-MARATHON
Sunday, March 24, 1985

Compiled by Mary Lou Boselli
Temperature-low 40's

Despite the dreary weather (it rained during the entire race) our runners turned in some excellent times.

Jack Myers	1:12:00(5th overall)	Paul Cajka	1:33:35
Larry Filtz	1:21:50	Frank Dewan	1:34:00
Byron Mundy	1:24:25	Joan Myers	1:34:00(3rd in age group)
Joe Frieberg	1:26:55(PR)	Terry Adamson	1:34:59
Bob Huggins	1:29:42	Frances Kirk	1:36:01
Bill Boselli	1:30:20	Bill Smith	1:39:00

Caesar Rodney Results Continued

Bill McCormick 1:40:37

Steve Vankuren 1:43:30

Bill Meyer 1:41:00

Tom Hirsch 1:54:38

- * Congratulations to Jack and Joan Myers who are on the come-back trail after serious injury problems.
- * Bob Huggins, famous for taking a stroll during a race, still clocked a respectable time after stopping to walk eight times... and he throws a terrific post-race/house-warming party, too!
- * When will Bill Boselli learn that you can't guzzle a six-pack of beer immediately upon finishing a race! How's the hangover, Bill?
- * After completing the unbelievably hilly 13.1 mile course, a water-logged Bill McCormick was heard to say, "I'll NEVER run this race again. NEVER!" Didn't you say that last year, Bill?
- * At least Bill finished the race. Jim Kenney, who never did get to bed the night before, borrowed sweat pants, gloves, a hat, and a number--then dropped out at two miles.
- * The runners extend their thanks to the support crew: Kathy Adamson, Mary Lou Boselli, Maureen Meyer, Marybeth Mundy, and Betty Perrone. But aren't you supposed to watch the race? Someone said they saw Kathy, Mary Lou and Betty in a bar on Main Street. Must have been someone else.
- * Frank Dewan ran the New Jersey 5K in the morning in 17:15, then journeyed to Wilmington for the 13.1 mile workout. That's dedication!

NEW JERSEY 10-MILER RESULTS

Compiled by Mary Lou Boselli

(Same day as Caesar, but usually referred to as "The Wimp Race")

Although I was not there in person (can't be two places at once), I understand the winds were high and the temperature cool.

Bob Sheerer 55:28

Times were not available for:

Joe Holton 68:00

Bob Fuhrman

Mary Bergen 78:15

Bob Kern

PERSONAL PERFORMANCE

Inevitably we will miss someone's time at the finish of a race. This is unfortunate, because we really care very much how you did and how you felt, and anything else about your run that you would like to tell us. Next time you participate in a race, fill out the convenient form on the following page and let us hear all about your personal performance.

PERSONAL PERFORMANCE FORM

NAME _____

RACE

DISTANCE

TIME

_____	_____	_____
_____	_____	_____
_____	_____	_____

Clever anecdotes and interesting trivia: _____

Give to any Fun Run Leader, or mail to:

Mary Lou Boselli
70 W. Berkley Avenue
Clifton Heights, PA. 19018

SEX ON THE RUN

From: STREAK--The Newsletter of the Annapolis Striders

Most people who have a dog name them "Rover or "Fido." I call mine "Sex." My dog and I are inseparable. He would follow me anywhere. He would even accompany me on my long distance runs every evening. My dog was my joy, my constant companion, and a loyal friend.

But, Sex has also been very embarrassing to me. Like the time I went to City Hall to renew his dog license. I told the clerk that I would like to have a license for Sex. He said, "I'd like to have one too!" Then I said, "But this is a dog." He said he didn't care what she looked like. So I said, "You don't understand. I've had Sex since I was nine years old." The clerk said I must have been quite a kid.

When I got married and went on my honeymoon, I took the dog with us. I told the motel clerk that I wanted a room for my wife and me and a special room for Sex. The clerk replied, "Every room in the place was for sex." I said, "You don't understand. Sex keeps me awake at night. The motel clerk said, "Me too."

One day I entered Sex in a dog contest. But before the competition began, the dog ran away. Another contestant asked me why I was just standing there looking around. I explained that I had planned to have Sex in the contest. He looked at me and said that I should have sold my own tickets. "But, you don't understand," I said, "I had hoped to have Sex on national T.V." He called me a show-off.

Alas, when my wife and I separated, we went to court to fight for custody of the dog. I said, "Your Honor, I had Sex before I was married. The judge said, "Me Too." Then I told him that after I was married, Sex left me. Again the judge replied, "Me too."

Last night, on our evening jog together, Sex ran off again. I spent hours looking all around town for him. A police officer came over to me and asked, "What are you doing in this alley at four o'clock in the morning?" I said, "I'm looking for Sex."

My case comes up Friday!

FUN RUN REPORT - SPRINGFIELD

Total Attendance: December, 1984 - 194
January, 1985 - 155

Submitted by:
Kathi Clatterbough

Newcomers: Hank Goldring, Mike Metague, Rich Gentile, Ted Kowalski, Frank Barran, John Hesselstaler, and Harry Berkenrtz.

10X	Ken Daws	Milestones:	1110X	Dot Kracht
	Glenn Yacono		850X	Fred Senderoff
	Don Larson		550X	Kathi Clatterbaugh
	Joe Frieburg		50X	Jeanne Hauck
20X	Larry Filtz		50X	Larry Ryan
40X	Jim DelGiorno, Sr.			

SPORT SHORT

- Rick Jones -

"For anyone interested in rafting the whitewater of the Leigh River gorge in either May or June, contact Rick Jones (623-0351 after 5 PM). Rick is getting together a small group for either a Friday or Saturday trip which will cost about \$29-\$35 depending on the size of the group. (The more people, the less the cost.)

DELCO RRC MEMBERSHIP MEETING

Tuesday February 26, 1985

Attendees:

Tom Hirsch, President
Tom Watkins, V. President
Bob Huggins, Team Coordinator
Mary Lou Boselli, Newsletter Editor
Marylou Long, Membership Committee

Torpey White
Steve VanKeuren
Fran Deeney
Marcy Harper
Paul Cajka

Linda Bell
Paul Straube
Joe (wimp) Nolan
Joe Freiberg
Kathi Clatterbaugh

Janis Cajka
Paul Cajka III
Jennifer Cajka
Helen Senisch

Meeting was called to order at 8:09 PM by president, Tom Hirsch.
Minutes were accepted/ M L Boselli

Treasurer's report/ Linda Bell
Checking Account \$2171.29 Savings Account \$2115.90
Budget 1984 * attached

Membership Committee/ Mary Lou Long
Up to date

Question? Is membership up or down? At the present time it is down. The drive to get new membership is still on. We have a promotion design submitted by Joe Dean, and it will be run off and sent out to local newspapers, health clubs, athletic stores, etc.

Public Relations/ Betty Ferrone
Joan Doherty cannot be our PR person this year.
Our new PR person is Betty Ferrone.
Postal Shoppers Guide has contacted us for press releases.
Betty will be contacting them.

Fun Run Leader/ Tom Watkins
A OK

Newsletter Editor/ Mary Lou Boselli
Newsletters going out on schedule.

Team Coordinator/ Bob Huggins
Has a new counter-part, Mary Bergin, who is the new women's Team Coordinator.

Up Coming Races

April 21	5 miler Inglis House	King Of Prussia Plaisted Hall
June 2	Hubathon	West River Drive

Chris Tatreau is no longer President of the Middle Atlantic RRC.
Bob Fortunata, Vice President, will take over as President. Chris is still coordinating races in the Phila. area.

Question? Policy on payment by the club for team entries in races?
Middle Atlantic Team Races were paid by club same as loop races in summer.
Other races were voted on individually as they were presented at the monthly meetings. If we sent a team, members paid the individual fee and the club paid the remainder of the fee.

Junior Olympics/ Bob Huggins

Still needs a director!! Preparations should start now and they can be very heavy work load for any one individual. A date will have to be picked and Springfield School District contacted. The many jobs that have to be done need work from everyone if we are to do a good job. Bob will comprise a list of jobs to be done. Bob and Torpey White will act a Directors(Advising) if we can get the personnel for the jobs.

Dawn to Dusk Marathon/ Bob Huggins

May 11, 1985-Sharon Hill H.S. field. Bill Schultz and Bob will manage the event. If you want to help contact either of them. They need lap counters.

Old Business

Dinner/Dance Mary Lou Boselli
99 people attended

Expenses:	Flowers	125.64	Income	1360.00
	Logo contest	9.17	Expenses	1850.65
	D. J.	170.00		
	Fireside	1545.84	Cost to club	490.65

	Total	1850.65		

Logo contest was won by Danny Powell, who is a senior at Haverford HS, majoring in art(naturally). There were 74 entries in all for the contest.

The new logo will be printed on club stationery and the newsletter to start.

New Business

Women's Distance Run will be headed by Mary Bergin this year. It is usually held in July.

Audit of the books will be done shortly by Helen Senisch, Bill Boselli; Linda will then turn the books over to the new treasurer, Dennis Kennedy.

Springfield Tri-Centennial

Tom Hirsch will attend meeting, 2/27.

Betty Perrone is our contact person for the Moving Comfort Award. She will be in touch with Moving Comfort to inform them of our woman for this year.

Bob Huggins is having an Open House Party at his new home in Collingdale on March 24, after Ceasar Rodney race. Everyone is welcome.

Meeting was adjourned at 9:17 PM by motion made by Joe Nolan, seconded Mary Lou Boselli.

Next meeting is March 26, 1985.

DELCO BUDGET 1984

<u>EXPENSES</u>	<u>For</u> <u>1983</u>	<u>Budget Est.</u> <u>1984</u>	<u>Actual to date</u> <u>1984</u>
Administrative	1173.29	1200.00	1219.69
Newsletter	612.00	600.00	761.85
Fun Run Awards	1053.69	1200.00	684.68
Special Fun Run Act.	481.98	500.00	424.30
Runners of the Year			(100.00)
Challenge Race & Party			(160.00)
12 Hour Race			(45.32)
Women's Celebration			(118.98)
Team	150.00	200.00	94.00
Public Relations	0	50.00	24.00
Social (Spaghetti Dinner)		100.00	70.29
Program	0	100.00	49.30
Delco X-Country	612.20	600.00	536.00
Delco Jr. Olympics	657.59	600.00	515.94
TOTALS	\$4740.75	\$5150.00	\$4380.05
<u>INCOME</u>	<u>1983</u>	<u>1984</u>	<u>1984 Total</u>
Donations	1872.00	2000.00	1624.00
Delco Races		2000.00	1490.81
Collingdale			(169.55)
Media			(1321.26)
Delco X-Country		600.00	36.00
			(Profit-9.12)
Delco Jr. Olympics		600.00	415.08
			(expenses-515.94)
			(loss- 99.82)
Misc.			
Newsletter inserts		950.00	180.00
Mailing List 4			105.43
Club Sales (shirts, ERG, etc.)			317.00
		<u>\$5150.00</u>	<u>\$4668.32</u>
Expenses			\$4380.05
			<u>\$288.27</u>

DELCO RRC MEMBERSHIP MEETING

Tuesday, March 26, 1985

Attendees:	Bob Huggins > Team -	Paul Cajka
Tom Hirsch, President	Mary Bergin > Coordinators	Joe Nolan
Tom Watkins, Vice President	Torpey White	Jean Hauke
Dennis Kennedy, Treasurer	Jim DelGiornio	Helen Senisch

Meeting was called to order at 8:23 PM by President, Tom Hirsch.
Minutes from last meeting were read and accepted as read. Nolan/White

Treasurer's Report/

Audit was completed. Dennis received the books and wishes to thank Linda Bell for having everything up to date. As of 3-19-85:
Expenditures: Ins. 223.72 Checking Account- \$445.55
Bill Koppenheffer 17.74 Savings Account - \$2115.90
Gestetner supplies 133.40 Treasurer's report accepted. Nolan/Bobeck

Membership Committee/Marylou Long -not present- Get Well Soon!

Public Relations/Betty Ferrone -not present

Fun Run Leader/Tom Watkins

Membership promotion will go out soon with a cover letter to list submitted by Paul Cajka.

Newsletter Editor/Mary Lou Boselli -not present

Team Coordinators/Bob Huggins & Mary Bergin-No recent team news.

Old Business

Jr. Olympics/ date May 30, 31, & June 1. Tom Weber has volunteered to be the director. Marylou Long and Martin Deeney will cover registration. Byron Mundy will be the starter. A meeting will be held shortly. We need help for this event. Caps were suggested for the volunteers at the Jr. Olympics. Prices will be checked. Motion was made by Joe Nolan that we allocate \$250 to purchase caps for the support crew at the Jr. Olympics. Tabled.

New Business

Women's Distance Festival will be held on July 20, 1985.
Moving Comfort Award will be announced later. Motion was made by Joe Nolan that all future ballots must be signed by voters. Tabled.
Springfield Tri-Centennial--Rotary Club is sponsoring a race in Springfield. Tom received a letter from Patricia Gaines apologizing for the confusion regarding the race. She was not aware that the Rotary Club was sponsoring a race. Consequently, Delco has withdrawn its intention to sponsor a race.
Singlets need to be purchased again for sale to club members. Bob Huggins will check prices.

Next meeting April 30, 1985.

Motion made by Joe Nolan to adjourn, seconded Torpey White at 9:13 PM.

UPPER DARBY TOWNSHIP MAYOR'S RACE

10 K ROAD RACE

&

2 MILE FUN RUN



SPONSOR: UPPER DARBY TOWNSHIP
MAYOR JAMES J. WARD

TECHNICAL ASSISTANCE BY: DELCO ROAD RUNNERS

RACE DIRECTOR: JOHN K. GRUBE, JR.

RACE INFORMATION: 853-2289

DATE: Sunday, May 5, 1985
TIME: Race begins at 1:30 P.M. SHARP
PLACE: Drexel Hill Middle School
State and Penn Ave., Drexel Hill, PA

ENTRY FEES: 10 K Road Race - \$3.00 pre-registration - \$5.00 day of race
2 mile Fun Run - \$1.00 pre-registration - \$2.00 day of race

AWARDS: 10 K - *Special Commemorative Shirt to first 200 to
pre-register for the 10K Road Race
*Trophies and Gift Certificates to top 5 male and
female finishers
*Trophies to top 3 male and female finishers in the
following age groups: Under 18; 19-29; 30-39;
40-49; Over 50
*Plaques to oldest and youngest finisher

2 Mile Fun Run - *Trophies to top 3 male and female finishers
*Honorable mention ribbons to all who finish

*****SPECIAL POST RACE DRAWINGS FOR GIFT CERTIFICATES*****

REFRESHMENTS WILL BE GIVEN OUT TO PARTICIPANTS AFTER RACE

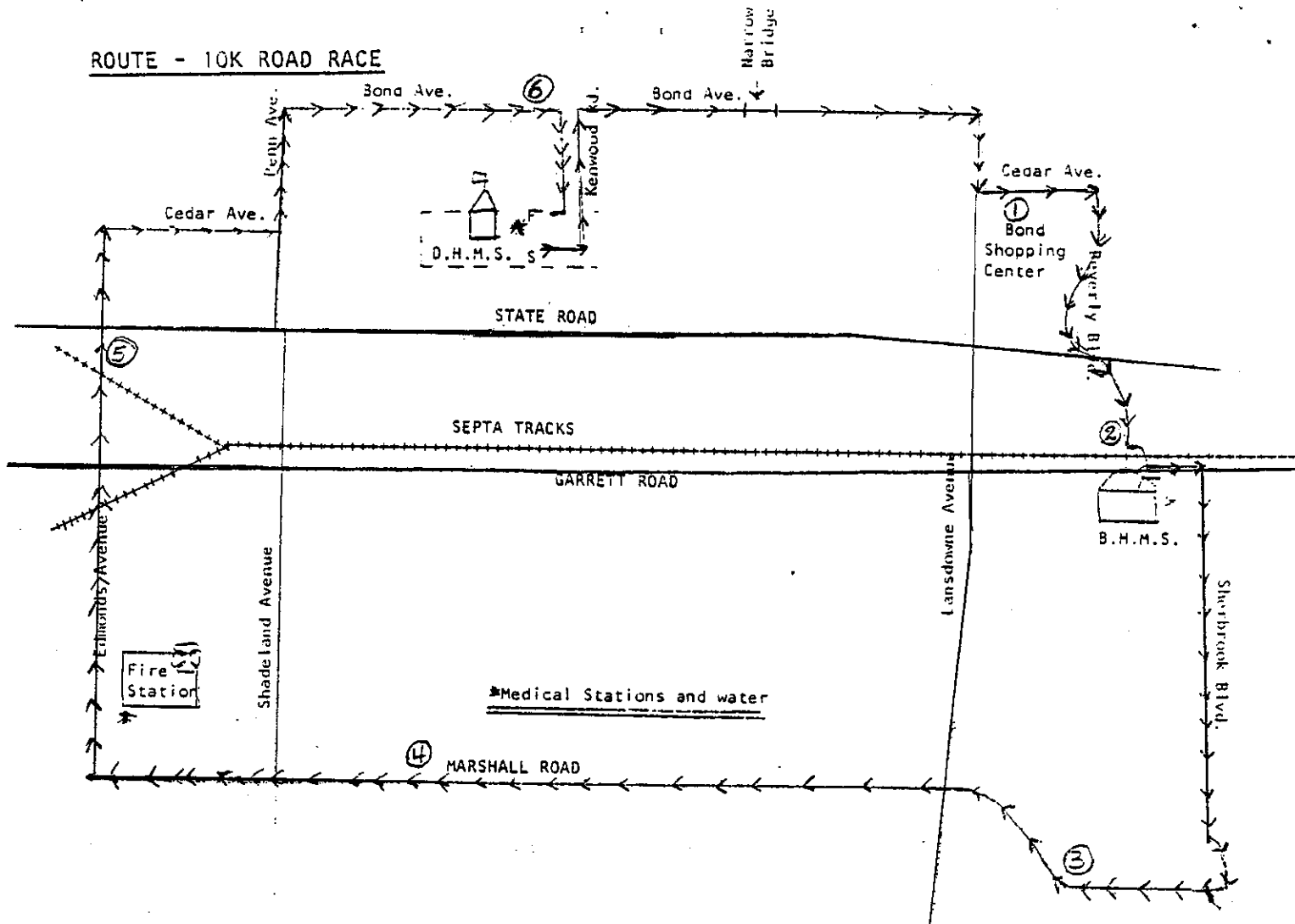
ENTRY FORM - UPPER DARBY TOWNSHIP MAYOR'S RACE

NAME _____ DATE OF BIRTH _____
ADDRESS _____ CIRCLE: MALE FEMALE MAY 5, 1985 _____
CITY _____ STATE _____ 10 K - \$3.00 _____
ZIP _____ PHONE _____ Fun Run - \$1.00 _____

Mail entry with check payable to: "UPPER DARBY TOWNSHIP"

DREXEL HILL MIDDLE SCHOOL
John K. Grube, Jr.
Drexel Hill, PA 19026

ROUTE - 10K ROAD RACE



2 MILE FUN RUN - Same start as 10K - Left Kenwood to Bond, left Bond to Cornell, left Cornell to Cedar, left to Cedar to Penn, left Penn to Bond, right Bond to Kenwood, right Kenwood to Alley, right Alley to FINISH----

GIFT CERTIFICATES FROM LOCAL MERCHANTS TO BE PRESENTED

WAIVER

In consideration of your accepting my entry, I, intending to be legally bound hereby, do for myself, my heirs, executors and administrators, waive and release the Township of Upper Darby and the Upper Darby Recreation Department and any other sponsors, their successors, representatives and assigns from liability for any and all injuries suffered by me while traveling to and from and while participating in the Upper Darby Township Mayor's 10K Road Race or 2 Mile Fun Run on Sunday, May 5, 1985 at 1:30 p.m.

SIGNATURE IN FULL _____

PARENT'S SIGNATURE (if under 18) _____



Runners and Joggers from all communities are invited to run in the

TOM KING MEMORIAL ALDAN FIVE MILE ROAD RACE

ORGANIZED BY: Delaware County Board of Realtors
Aldan Recreation Board
Delco Road Runners Club

Date: Saturday May 11, 1985
TIME: Race begins at 9:00 A.M. SHARP
PLACE: Aldan Elementary School
Woodlawn Ave. entrance
DIRECTORS: Tom Weber, Harry Sheldrake
522-0166

ENTRY FEE: \$5.00 Pre Registration — \$6.00 Post Registration each participant, make checks payable to ALDAN ROAD RACE

PROCEEDS: Will go to the DELCO BRANCH OF THE BIG BROTHER/BIG SISTER ASSOCIATION.

SPECIAL TEE SHIRTS: to First 250 to pre-register. Shirts donated by: Sharon Savings & Loan and Margaretten Co., Inc., and Title Abstract Co.

AWARDS: Identical COMMEMORATIVE MUGS will be given to men and women as follows: OVERALL TOP TEN-MEN AND WOMEN AND THE NEXT THREE FINISHERS IN THESE AGE GROUPS: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-99. ALSO: Oldest and youngest finishers.
AWARDS DONATED BY: Aldan Recreation Board

SPECIAL AWARDS FOR ALDAN RESIDENTS:

REFRESHMENTS: Will be given out after the race

COURSE AND TEAM COMPETITION: See reverse side.

ENTRY FORM-ALDAN FIVE MILE ROAD RACE
Please print

Name _____

Age on Race Day _____

Address _____

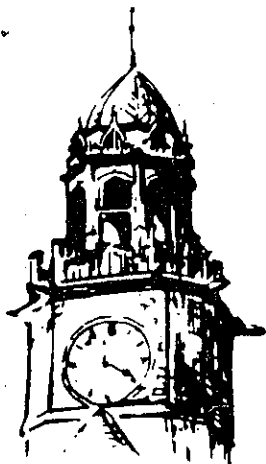
Team (if any) _____

City _____ Zip _____

Tee Shirt Size _____

(Circle) SM. MED. LG. XLG.

MAIL ENTRY WITH \$5.00 CHECK, PAYABLE TO "ALDAN ROAD RACE" TO
ALDAN ROAD RACE
316 Birchwood Road
Aldan, PA 19018



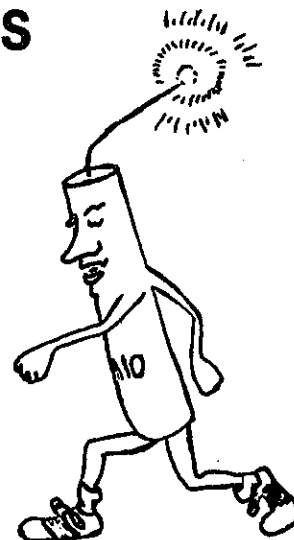
THE GLEN MILLS SCHOOLS 7TH ANNUAL TEN KILOMETER FIRECRACKER RUN

"The toughest 10 k around"

Glen Mills Schools
Service to youth since 1826
C.D.Ferrainola
Executive Director

Awards in the
following age groups:
MEN and WOMEN

13 and under
14 - 18
19 - 29
30 - 39
40 - 49
50 - 59
60 and over



Certified Course

Enclose \$3.00 separate check

Make checks payable to **The Glen Mills Schools**

Send to: **The Glen Mills Schools**

c/o Mrs. Norma Parks

Concordville, Pennsylvania 19331

LIVE MUSIC
from

SCOUNDREIL

DATE: Saturday, June 22, 1985

TIME: 10:00 A.M.

PLACE: The Glen Mills Schools

COURSE: 6.2 Miles over rolling Countryside

ENTRY: \$3.00 before June 15th

\$5.00 Post Registration

Post Registration Opens 9:00 A.M. Closes 9:45 P.M.

Men's Course Record: Steve Eachus 31:51, 1983

Women's Course Record: Janice Osswald 38:48, 1983

T-Shirts to the First 300

Entertainment for the Children

Exhibits

Food and Refreshments

Ample Parking

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

AGE ON DAY OF RACE _____ **SEX** _____

CIRCLE SHIRT Size Small Medium Large X-Large

Signature _____

If under 18 _____

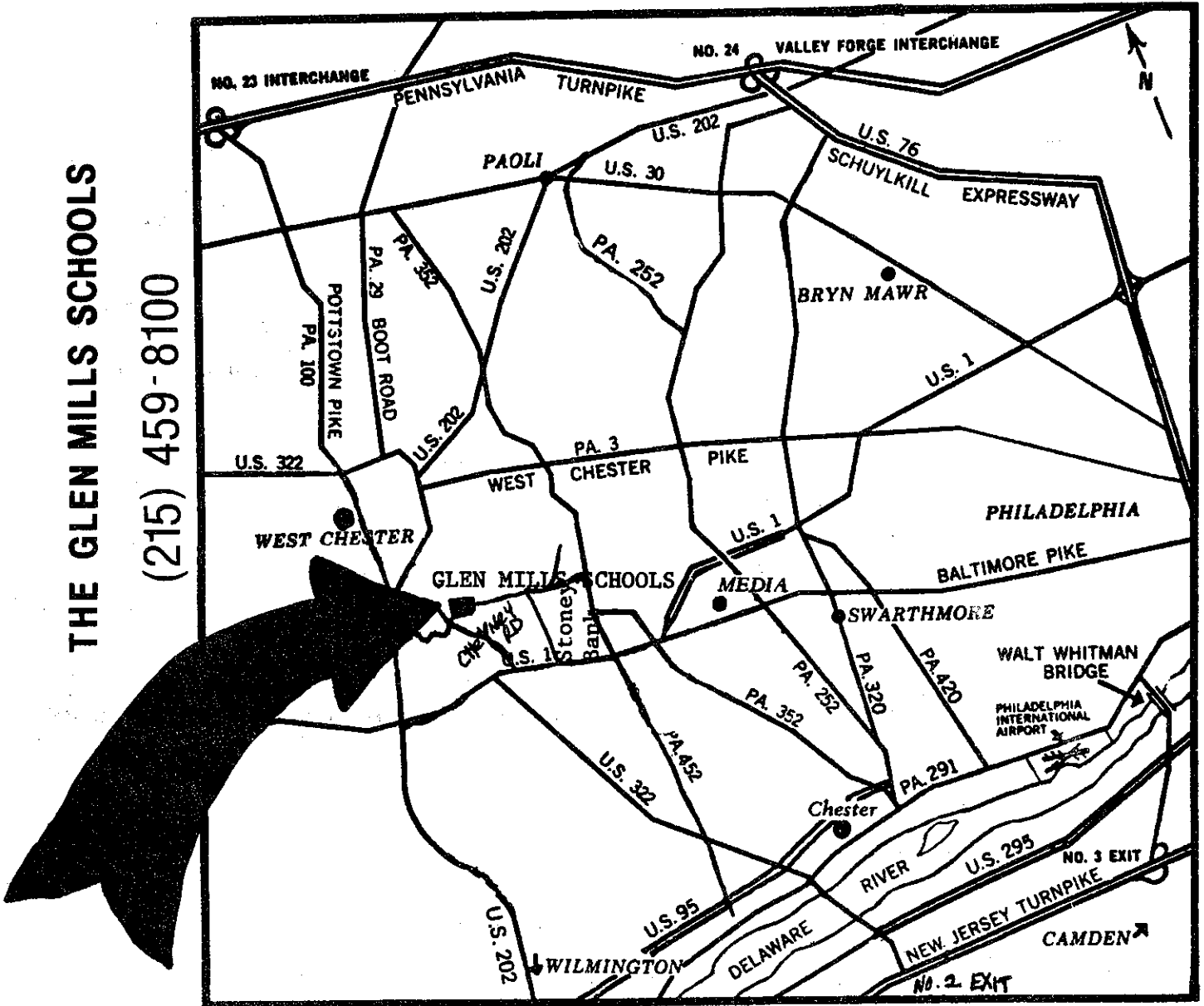
Parent's Signature _____

"In consideration of your accepting this entry, I hereby, for myself, heirs, executors, or administrators, waive and release any and all rights and claims for damages I may have against The Glen Mills Schools, their agents, representatives, or assignees for any and all injuries which may be suffered by me during my participation in this meet."

RUNNER'S NO. _____

THE GLEN MILLS SCHOOLS

(215) 459-8100



DIRECTIONS:

From Philadelphia - Take Baltimore Pike to Stoney Bank Road, turn right on Stoney Bank Road until you reach the end. Turn left on to Glen Mills Road; the school is on your right ½ mile distance.

From Wilmington- Take Route 202 North to Route 1; turn right on Route 1, make a left on Cheyney Road, then a right on Glen Mills road, following this until you see the school on the left.

From Norristown- Take Route 202 South until you reach Route 1; follow the above directions from here.

* This race has been recognized by Running Times as one of the toughest 10 K's and Best Organized race in all of Pennsylvania.



**2nd Annual
Delaware County
Community College
Health Fair & Open House
2-Mile Fun Run**

**SATURDAY, APRIL 20
at 10:30 A.M.**

COURSE:

Start and finish in the parking lot of DCCC's 123-acre main campus just off Route 252 between Media and Newtown Square.

A scenic loop through one of the area's most attractive campuses. Traffic free course marshalled and timed by the Delaware County Road Runners. Times given at 1 mile and the Finish.

ENTRY FEE:

Both the Fun Run and over 45 health and fitness booths and workshops present at the Open House (9:00 a.m. until 3:30 p.m.) are FREE. Those attending either the Health Fair or participating in the Fun Run have the opportunity to take a complete health assessment profile which can serve as the basis for a personal lifetime fitness program.

FEATURES:

Winner ribbons to all finishers in the Fun Run. A rich variety of health, fitness and safety expertise from community resources such as the American Heart Association, the American Red Cross and the Haverford Hospital Sports Medicine Clinic.

ALSO:

CPR *certificate training*, nutrition presentations, eye tests, stress analysis, a practical introduction to aerobic exercise and an expert panel discussion on today's fitness revolution before and after the Fun Run. The fitness event of the year!

MAIL ENTRY TO: DCCC HEALTH FAIR/FUN RUN
Delaware County Community College
Public Relations Office
Media, PA 19063

NAME: _____

ADDRESS: _____

PHONE: _____ Age on Race Day _____

SEX: _____

I will attend the Fitness Seminar (9:00 a.m.)
prior to the Fun Run. YES NO

RELEASE FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigns do hereby release and discharge DCCC, the sponsors of the race, the race officials, and all others including the municipalities along the course, from all claims, demands, suits or actions whatsoever in any manner for injuries or damages I may sustain as a result of my participation. I attest that I have full knowledge of the strenuous nature of this event, and that I am willing to assume all the risks involved.

SIGNATURE: _____

DATE: _____

PARENT OR GUARDIAN: _____

(If runner is under 18)

RUN FOR FUN AND FITNESS

TO: JOE FREIBERG
781 11TH AVE.
PROBECT 2884, SS 19078

NON-PROFIT ORGANIZATION
U. S. Postage Paid
PERMIT NO. 3
SHARON HILL, PA 19079

DELCO ROAD RUNNERS CLUB
POST OFFICE BOX 145
HOLMES, PA 19043

DELAWARE COUNTY ROAD RUNNERS CLUB

